

Discover the Life-Changing Benefits of Nonviolent Communication

Parenting and Families

- Reduce family conflicts and sibling rivalry
- Move beyond power struggles to cooperation and trust
- Create a quality of connection that embodies unconditional love
- Protect and nurture the autonomy of children
- Motivate using “power-with” rather than “power-over” strategies

Education and Schools

- Maximize the individual potential of all students
- Strengthen students’ interest, retention and connection to their work
- Improve safety and trust in your classroom
- Improve classroom teamwork and efficiency and cooperation
- Strengthen classroom and teacher-parent relationships

Organizational Effectiveness

- Improve teamwork, efficiency and morale
- Increase meeting productivity
- Maximize the quality of your services or products
- Maximize your organization’s benefit to the community

Personal Growth and Healing

- Transform shame and depression into personal empowerment
- Heal old pain
- Transform unhealthy habits
- Stay connected to your own needs and preferences
- Live your life by choice

Conflict Resolution

- Resolve conflicts peacefully—personal or public, domestic or international
- Get to the heart of conflict and disputes quickly
- Improve cooperation—listen so others are really heard
- Transform criticism and blame into compassionate connection
- Prevent future pain and misunderstanding

Spirituality

- Connect your actions to your spiritual values
- Transform enemy images and moralistic judgments
- Connect to our common humanity
- Overcome cultural conditioning that promotes violence
- Care for your own needs first to fuel compassion for others

Personal Relationships

- Deepen your emotional connections
- Transform judgment/criticism into understanding/connection
- Listen so others are really heard
- Get what you want more often without using demands, guilt or shame
- Hear the needs behind whatever anyone does or says

Business Relationships

- Strengthen employee morale and loyalty
- Resolve workplace conflicts quickly and effectively
- Reduce office stress and absenteeism
- Maximize the potential of all employees
- Hear and address customer needs more effectively
- Offer employee evaluations that promote personal growth
- Improve effectiveness of job and college interviews

Anger Management

- Transform anger before it leads to behavior you’ll regret
- Discover the needs behind your anger
- Learn to appreciate what triggers you and others
- Identify solutions that are satisfying to everyone
- Express anger in ways that connect you to others

“NVC transforms potential conflicts into
peaceful dialogues.

Learn simple tools to defuse arguments and
create compassionate connections with your family, friends
and others.”

— **John Gray, Ph.D.**, author,
Men are from Mars, Women are from Venus

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